



Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Teen Classes

Safety & Personal Protection: (ages 14-17) - Once a criminal has chosen you as a target of crime, you will have between 3-5 seconds to initiate your plan of escape. You'll physically practice 'break-away' techniques, physical maneuvers and learn how to use of everyday items as a weapon can keep you safe from bodily harm if approached by a criminal. You and your friends need to be 'in the know'; be ready with your plan!

#112415 Oct 9 Class Fee: \$35.00 Sunday 1:00—4:00 pm

Teen Connect: (ages 13-18) - Hey teens! Want to learn how to pay for college and not be broke when you graduate? How to become an actor or actress, How to start a business? Maybe you want to know how to impress a college sports recruiter. At the monthly Teen Connect speaker workshops we will tackle many of these questions. For more information contact Green Road at 872-4140.

#111979	Sept 15	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111980	Oct 20	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111981	Nov 17	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111982	Dec 15	Class Fee: \$5.00	Thursday 7:00—8:30 pm

Karate - Traditional Okinawa Shorin-Ryu: (ages 13+) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113006	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113007	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113008	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113009	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm

NIA Fitness: (ages 13+) - The principles of Nia explore the mind, body, emotion and spiritual connections in a non-impact practice that combines martial arts, dance and healing arts. It delivers a safe, effective cardiovascular workout with the total body conditioning adaptable to all fitness levels. To learn more, please visit: www.trianglenia.com. Instructor Laura Ghantous.

#111976	Sept 8—Oct 13	Class Fee: \$48.00	Thursday 10:00—11:00 am
#111977	Oct 20—Dec 1	Class Fee: \$48.00	Thursday 10:00—11:00 am

Martial Arts - Aikido: (ages 16+) - Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape.

#111928	Sept 1—27	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111929	Sept 29—Oct 25	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111930	Oct 27—Nov 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111931	Nov 29—Dec 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm





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Teen Classes (continued)

Volleyball - Teen: (ages 12-17) - This class is for students who have played either on a school or a club team for a year or two. The goal of the class will be to perfect skills such as digging, hitting around a block and making shot, serving spots and jump-serving, perfecting setting and learning how to set quick-hits, how to hit quick sets and more. The course will be designed to help students with preparation for middle and high school try-outs.

#116636	Sept 7—25	Class Fee: \$60.00	Wed 3:45—4:45 pm, Sun 2:00—3:00 pm
#116644	Oct 5—23	Class Fee: \$60.00	Wed 3:45—4:45 pm, Sun 2:00—3:00 pm

Volleyball - Hitting/Blocking Clinic (Teen): (ages 12-17) - This class is for students wanting to advance their offensive skills, perfecting the approach to the ball as they get ready to hit, learning the ball placement, transitioning on and off the net, varied speed shots and attacks. Blocking aspects focus on single and double blocking, learning footwork and timing as well as positioning on the net.

#116637	Sept 20—22	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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Volleyball - Serving/Passing Clinic (Teen): (ages 12-17) - This class is for students who already have basic knowledge of the game but still want to improve their serving and passing skills as well as defense necessary for middle school and high school.

#116638	Sept 6—8	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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Volleyball - Setting Clinic (Teen): (ages 12-17) - This class is more for students who would like to learn more advanced setting techniques, setting quick middles and learning a basic offense.

#116639	Sept 13—15	Class Fee: \$20.00	Tue 3:45—4:45pm, Thurs 3:45—4:45 pm
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